

SARPY/CASS DEPARTMENT OF HEALTH AND WELLNESS

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population were significantly better for four indicators in the Sarpy/Cass Department of Health and Wellness area. Compared to Nebraska, fewer adults had no health insurance at the time of the survey. A smaller proportion of respondents needed to see the doctor in the past year, but could not due to potential cost of care. More adults in this area visited a physician in the past year for a routine checkup. In the event of a large-scale disaster, a greater proportion of Sarpy/Cass residents would use their radio as the primary source of information from authorities.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults who visited a doctor for a routine checkup in the past year decreased significantly from the 2005 rate in the Sarpy/Cass area.
- The proportion of adults who participated in the recommended level of moderate and/or vigorous physical activity increased from the 2005 baseline.

HEALTH CARE ACCESS

Among respondents aged 18 to 64 years in the Sarpy/Cass area, 9.7 percent reported having no health insurance at the time of the survey. This rate is significantly lower than Nebraska rate of 15.0 percent who were uninsured.

In 2007-2008, 19.4 percent of adults in this area stated they did not have a personal doctor or health care provider.

At some time in the past year, 6.2 percent of Sarpy/Cass adults needed to see a doctor but could not due to the potential cost of care—significantly lower than the Nebraska average of 10.5 percent. Men in this area (3.3 percent) were significantly less likely than men statewide (8.5 percent) to be unable to obtain medical care because of cost. Sarpy/Cass area men were also

significantly less likely than women in this area (8.9 percent) to have to forego care due to potential cost.

In the current study, 67.1 percent of adults in this area reported visiting a doctor for a routine checkup in the past year. This rate represents a significant decrease from the 2005 baseline rate of 78.7 percent. However, this rate is still significantly higher than the Nebraska rate of 61.1 percent. Men (60.2 percent) were significantly less likely than women (73.8 percent) in this area to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In the Sarpy/Cass area, 24.5 percent of adults indicated their household was not prepared for a major disaster. Eight out of ten adults (80.6 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (51.3 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 11.3 percent of households said they did not. Similarly, 11.0 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

In this area, 14.6 percent of respondents did not have a working battery-powered radio, while 2.1 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the Sarpy/Cass area said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 3.8 percent stated they would not do so. Men in this area (6.9 percent) were significantly more likely than women (0.8 percent) to say they would refuse to leave their homes.

Three-fourths of the respondents in this area (75.4 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation.

Two-thirds (66.9 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster. This rate is significantly higher than the rate for Nebraska overall (56.2 percent).

HEALTH-RELATED QUALITY OF LIFE

Among Sarpy/Cass adults, 90.3 percent considered their general health “good”, “very good”, or “excellent.”

Adults averaged 2.5 days in the past month when their physical health was “not good”.

Respondents in this area averaged 2.3 days when their mental health was “not good”, with women reporting significantly more days with poor mental health than men (3.0 vs. 1.6 days for men).

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 2.5 days in the past month. Males in the Sarpy/Cass area (1.8 days) averaged significantly fewer days with restricted activity, compared to males statewide (3.2 days).

DISABILITY

In 2007-2008, 17.3 percent of adults in this area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 5.9 percent of adults in this area.

MENTAL HEALTH

Only 0.9 percent of Sarpy/Cass adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 3.8 percent of adults. Men in this area (1.5 percent) were significantly less likely than men statewide (6.7 percent) to have current depression.

A larger proportion of adults (19.6 percent) said they had ever been diagnosed with a depressive disorder, while 13.3 percent stated they had received a diagnosis of an anxiety disorder at some time in their life.

CARDIOVASCULAR DISEASE

In the Sarpy/Cass area, 3.9 percent of adults said they ever had a heart attack. Men (6.4 percent) were

significantly more likely than women in the area (1.9 percent) to report ever having a heart attack.

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 4.6 percent in this area, with men (7.0 percent) significantly more likely than women (2.4 percent) to have been diagnosed with this condition.

Fewer Sarpy/Cass respondents (2.7 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 27.3 percent in 2007.

Three-fourths of Sarpy/Cass adults (75.7 percent) ever had their cholesterol level checked and 71.9 percent had it tested in the past five years. Among area respondents who ever had their blood cholesterol level checked, 31.5 percent had been told it was high.

DIABETES

Among adults in this area, 6.5 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

One-fourth of adults in this area (24.7 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in the Sarpy/Cass area who had ever been told they had asthma was 11.1 percent, while 7.7 percent currently have this disease.

OVERWEIGHT AND OBESITY

One-fourth of respondents in this area (26.2 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 39.9 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 66.1 percent of adults in this area were overweight or obese in 2007-2008.

Men in the Sarpy/Cass area (48.2 percent) were significantly more likely than women (31.2 percent)

to report heights and weights that placed them in the “overweight” category.

FRUIT AND VEGETABLE CONSUMPTION

One-fifth of Sarpy/Cass adults (22.2 percent) consumed fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

One-fifth of respondents in this area (20.2 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

One-half of Sarpy/Cass adults (51.8 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week. The current rate represents a significant increase from the 2005 rate of 33.7 percent.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 33.3 percent of respondents from this area.

TOBACCO USE

Among adults in the Sarpy/Cass area, 16.3 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 46.2 percent reported trying to quit smoking at least once in the past 12 months.

The proportion of male respondents who said they had ever used smokeless tobacco was 41.9 percent in the Sarpy/Cass area, while 10.1 percent stated they currently use these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 22.1 percent of adults in this area, while 5.1 percent engaged in heavy drinking in the past 30 days.

Drinking and driving was reported by 7.3 percent of adults in this area in the last month.

CANCER SCREENING

Among women aged 40 and older in the Sarpy/Cass area, 75.1 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 95.5 percent reported ever having a Pap test, while 80.2 percent said they had this test within the past three years.

Most men aged 50 and older (72.0 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 66.5 percent said they had this test in the past two years.

In the Sarpy/Cass area, 61.0 percent of adults aged 50 and older reported ever having a colonoscopy or sigmoidoscopy, while 21.3 percent said they had a blood stool test in the past two years.

IMMUNIZATION

More than three-fourths of adults aged 65 and older in this area (78.3 percent) said they had been vaccinated for influenza in the past 12 months, while 69.7 percent reported ever having a pneumonia vaccination.

ORAL HEALTH

Three-fourths of the adults in the Sarpy/Cass area (74.0 percent) had visited a dentist in the past 12 months, while 72.7 percent had their teeth cleaned within the past year.

Three out of ten area respondents (30.1 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 13.2 percent reported having all their teeth extracted due to decay or gum disease.

SARPY/CASS DEPARTMENT OF HEALTH AND WELLNESS: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS									
1. No health care coverage among adults 18-64 years old	1,020	9.7	Sig.	414	8.1	NS	606	10.9	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,310	19.4	NS	517	24.5	NS	793	14.4	NS
3. Needed to see a doctor in past year but could not because of cost	1,312	6.2	Sig.	519	3.3	Sig.	793	8.9	NS
4. Visited a doctor for a routine checkup within the past year	1,293	67.1	Sig.	518	60.2	NS	775	73.8	NS
GENERAL EMERGENCY PREPAREDNESS									
1. Household not prepared for major disaster	464	24.5	NS	170	24.0	NS	294	24.3	NS
2. Household has no disaster evacuation plan	463	80.6	NS	170	76.1	NS	293	85.0	NS
3. Does not have at least 3-day supply of water	461	51.3	NS	170	52.6	NS	291	50.2	NS
4. Does not have at least 3-day supply of non-perishable food	463	11.3	NS	169	12.0	NS	294	11.0	NS
5. Does not have at least 3-day supply of prescription drugs	465	11.0	NS	170	10.5	NS	295	11.7	NS
6. Household has no working battery-powered radio	464	14.6	NS	170	9.8	NS	294	18.6	NS
7. Household has no working battery-powered flashlight	465	2.1	NS	170	0.6	NS	295	3.7	NS
8. Household would not leave home if evacuation were required	432	3.8	NS	152	6.9	NS	280	0.8	NS
9. Household would use cell phone as main source of communication	441	75.4	NS	163	77.4	NS	278	74.1	NS
10. Household would use radio as main source of information	445	66.9	Sig.	164	73.9	NS	281	61.3	NS
HEALTH-RELATED QUALITY OF LIFE									
1. General health was 'good' to 'excellent'	1,311	90.3	NS	519	89.0	NS	792	91.2	NS
2. Average number of days (in past month) that physical health was not good	1,298	2.5	NS	515	2.4	NS	783	2.8	NS
3. Average number of days (in past month) that mental health was not good	1,304	2.3	NS	517	1.6	NS	787	3.0	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	644	2.5	NS	214	1.8	Sig.	430	3.1	NS
DISABILITY									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,308	17.3	NS	519	15.7	NS	789	19.0	NS
2. Have health problems requiring use of special equipment	1,310	5.9	NS	520	5.3	NS	790	6.4	NS
MENTAL HEALTH									
1. Had serious psychological distress (SPD) in past 30 days	225	0.9	NS	89	0.9	NS	136	1.0	NS
2. Have current depression (based on Severity of Depression score of 10+)	261	3.8	NS	107	1.5	Sig.	154	6.1	NS
3. Lifetime diagnosis of depressive disorder	274	19.6	NS	111	19.0	NS	163	20.2	NS
4. Lifetime diagnosis of anxiety disorder	274	13.3	NS	110	15.9	NS	164	11.0	NS

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,309	3.9	NS	519	6.4	NS	790	1.9	NS
2. Ever told they had angina or coronary heart disease	1,304	4.6	NS	514	7.0	NS	790	2.4	NS
3. Ever told they had a stroke	1,312	2.7	NS	520	2.0	NS	792	3.4	NS
4. Ever told blood pressure was high	494	27.3	NS	209	27.7	NS	285	26.4	NS
5. Ever had cholesterol level checked	490	75.7	NS	208	72.0	NS	282	79.0	NS
6. Had cholesterol level checked during the past five years	485	71.9	NS	206	66.1	NS	279	77.4	NS
7. Ever told cholesterol was high, among those who had ever been screened	427	31.5	NS	183	32.7	NS	244	30.3	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,313	6.5	NS	520	8.1	NS	793	5.2	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	486	24.7	NS	206	21.4	NS	280	27.6	NS
ASTHMA									
1. Ever told they had asthma	1,309	11.1	NS	519	7.7	NS	790	14.3	NS
2. Currently have asthma	1,307	7.7	NS	519	5.7	NS	788	9.5	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,248	26.2	NS	510	29.9	NS	738	22.5	NS
2. Overweight (BMI=25.0-29.9)	1,248	39.9	NS	510	48.2	NS	738	31.2	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	487	22.2	NS	206	16.0	NS	281	28.5	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,312	20.2	NS	519	19.0	NS	793	21.5	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	471	51.8	NS	203	57.5	NS	268	47.4	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	476	33.3	NS	201	40.9	NS	275	27.3	NS
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,311	16.3	NS	520	16.9	NS	791	15.9	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	212	46.2	NS	83	43.7	NS	129	48.9	NS
3. Ever used smokeless tobacco (males)	--	--	--	302	41.9	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	106	10.1	NS	--	--	--

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	518	22.1	NS	208	25.6	NS	310	19.3	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,290	5.1	NS	510	3.3	NS	780	6.5	NS
3. Engaged in drinking and driving in the past 30 days	466	7.3	NS	198	6.9	NS	268	6.7	NS
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	500	75.1	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	640	95.5	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	636	80.2	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	65	72.0	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	65	66.5	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	66	92.2	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	66	60.5	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	570	61.0	NS	218	61.5	NS	352	60.4	NS
9. Among adults aged 50+, had a blood stool test in past two years	516	21.3	NS	207	16.3	NS	309	25.9	NS
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	288	78.3	NS	104	82.3	NS	184	75.2	NS
2. Ever had a pneumonia vaccination (aged 65+)	284	69.7	NS	100	67.2	NS	184	71.7	NS
ORAL HEALTH									
1. Visited the dentist in past 12 months	814	74.0	NS	309	71.9	NS	505	76.0	NS
2. Had teeth cleaned in past 12 months	774	72.7	NS	292	70.1	NS	482	75.4	NS
3. Had one or more teeth extracted due to decay or gum disease	809	30.1	NS	310	29.3	NS	499	31.0	NS
4. Had all of their teeth extracted (aged 65+)	173	13.2	NS	66	14.7	NS	107	11.9	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska